



Weekend/Evening (W/E) Volunteer Program April 2005

The W/E Volunteer Program provides weekend and evening volunteer projects for area residents who would like to get involved in group community service activities. All W/E Volunteer projects are Student Service Learning approved and supervised by a W/E Volunteer Team Captain and a staff person from the non-profit agency. To learn more, visit our Web site at www.montgomerycountymd.gov/volunteer

Nadji Kirby, W/E Volunteer Coordinator
Montgomery County Volunteer Center
401 Hungerford Drive, First Floor
Rockville, MD 20850
240-777-2614 [ph] 240-777-2601 [fax]
E-mail: nadji.kirby@montgomerycountymd.gov



*Are you friendly, out-going, and organized? Do you want to learn more about the County and its variety of residents and services? Are you ready to take the next step in volunteering? Please contact me about becoming a **W/E Volunteer Team Captain!** The only requirement is to **HAVE FUN!***

Please contact a Team Captain for more information and to register!

HAVE FUN WITH PEOPLE WITH SPECIAL NEEDS

1. & 2. Make It a Super Sunday at Potomac Community Resources!

Sunday, April 3	12:00 NOON – 5:00PM
Sunday, April 17	12:00 NOON – 5:00PM

Super Sunday is a social, recreational, and therapeutic program for teens and adults with developmental disabilities. This group serves people who have significant impairments in cognitive abilities, independent movement, or self-care skills. Professional staff designs, organizes, and facilitates the activities. Volunteers provide one-on-one assistance and companionship in a warm, friendly environment. Potomac Community Resources (PCR) provides programs and support to teens and adults with developmental disabilities and their caregivers.

Min Age: 16 Max # of Volunteers: 4

Location: Gaithersburg

Website: www.potomaccommunityresources.org

W/E Volunteer Team Captain: Murv Delpino

Email: delpinom-gburg@starpower.net

Phone Number: work: 301-216-4213

3. Studio 3F at Potomac Community Resources

Friday, April 15	7:00PM – 10:00PM
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Join the fun listening to music, playing games, working on crafts and playing sports with teens and adults with developmental disabilities. Potomac Community Resources (PCR) provides programs and support to teens and adults with developmental disabilities and their caregivers.

Min. age: 15 Maximum # of Volunteers: 7

Location: Gaithersburg

Website: www.potomaccommunityresources.org

W/E Volunteer Team Captain: Sandra Desnoyers

Phone Number: 301-528-0760

4. - 7. Be NoteAble through Music at Potomac Community Resources!

Monday, April 4, 11, 18, 25	7:15PM - 8:15PM
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Assist the professional music therapist with the NoteAbles Music Enjoyment Group by providing one-on-one help for participating teens and adults with developmental disabilities. Help participants by encouraging singing, movement, conversation, and participation. Potomac Community Resources (PCR) provides programs and support to teens and adults with developmental disabilities and their caregivers.

Min Age: 15

Max # of Volunteers: 4

Location: Potomac

Website: www.potomaccommunityresources.org

W/E Volunteer Team Captain:

Email:

Phone Number:

Murv Delpino

delpinom-gburg@starpower.net

work: 301-216-4213



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HAVE FUN WITH PEOPLE WITH SPECIAL NEEDS

8 & 9. Take a Break Respite!

Saturday, April 2 10:00AM - 3:00PM
Saturday, April 23 10:00AM - 3:00PM
Volunteers are needed to spend a few hours of their time with people with developmental disabilities while their caregivers get some needed time off. Volunteers are asked to assist the residents with crafts and snacks. The Respite care program serves families in Montgomery County who have members with developmental disabilities, regardless of age.
Min Age: 16 Max # of Volunteers: 5
Location: Rockville
W/E Volunteer Team Captain: **Jernee Davis**
Email: **lamamom@aol.com**
Phone: **301-251-2860**

10. Dance the Night Away at CHI!

Friday, April 15 7:00PM - 10:00PM
End the week on a high note by spending Friday night serving refreshments, dancing, and having a blast with program participants. CHI offers people with developmental disabilities the opportunity to enhance personal growth by developing healthy relationships with family, friends, and community. The Friday night social attracts up to 150 residents in Montgomery, Howard, and Prince George's County group homes.
Min. age: 18 Max # Volunteers: 5
Location: Silver Spring
Website: www.chicenters.org
W/E Volunteer Team Captain: **Vicki Johnson**
Email: **v.johnson@buchananpartners.com**
Phone Number: **240-994-1648**

***Never doubt that a small
group of people can change
the world. Indeed, it is the
only thing that ever has.
~ Margaret Mead***

11. Bowl a Strike with KEEN Young Adults!

Sunday, April 10 1:15PM - 3:00PM
Bowl with young adults with mental and physical disabilities (ages 20 and over). Volunteers' shoes and bowling fees are waived. The Kids Enjoy Exercise Now (K.E.E.N.) Foundation, Inc., is a non-profit, volunteer organization that provides an open, unstructured environment for people with any type of disability, including those with significant needs.
Min Age: 18 Max # of Volunteers: 8
Location: Gaithersburg
W/E Volunteer Team Captain: **Mike James**
Email: **mhjames6043@yahoo.com**

MAKE A DIFFERENCE IN A CHILD'S LIFE

12. Help the Recreational Therapy Dept. at HSC Pediatric Center!

Tuesday, April 19 5:30PM - 7:00PM
Spend some time helping children learn and grow by reading stories, playing, and working on craft projects with them. The HSC Pediatric Center (formerly the Hospital for Sick Children) serves the needs of the community by providing access to quality rehabilitative and specialty services for infants, children and youth with special needs and their families.
Min Age: 16 Max # of Volunteers: 8
Location: Washington D.C.
Website: www.hfscsite.org
W/E Volunteer Team Captain: **Lisa O'Neal**
Email: **jazzergirl@verizon.net**
Phone Number: **home: 301-424-5188**

13. Provide a Watchful Eye for MOMS!

Thursday, April 21 6:45PM - 8:45PM
Help provide a safe, nurturing, and fun experience for children while their mothers attend classes. The Mothers Offering Maternal Support Program of the Mental Health Association is a one-to-one mentoring program that matches young mothers, 12-24 years old, with an experienced mother who is a supportive friend, advocate, and role model.
Min Age: 15 Max # of Volunteers: 10
Location: Rockville
Website: www.mhamc.org
W/E Volunteer Team Captain: **Elaine Lewis**
Email: **Elaine.lewis@hrh.com**
Phone Number: **work: 301-692-3047**



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PACK AND PREPARE FOOD FOR THE HUNGRY OR HOMELESS

14. & 15. Pack Food Boxes at Manna Food Center!

Thursday, April 14 7:00PM - 8:30PM
Monday, April 18 7:00PM - 8:30PM
Sort and pack cans, boxes, fruits, and vegetables for distribution to needy individuals and families. Manna Food Center is dedicated to the elimination of hunger in Montgomery County. The Center collects and distributes food to thousands of families, soup kitchens, homeless shelters, group homes, emergency assistance organizations and low-income housing projects each month.
Min Age: 14 (younger w/adult) Max # of Volunteers: 12
Location: Rockville
Website: www.mannafood.org

4/14 - W/E Volunteer Team Captain:

Email:

Phone Number:

Julie Bernstein
juliebb36@aol.com
home: 301-530-8576

4/18 - W/E Volunteer Team Captain:

Email:

Phone Number:

Kim Kidwell
kkidwell7205@comcast.net
301-216-2972



16. Pack Food for SHARE!

Saturday, April 16 9:00 AM - 12 NOON
Divide, sort, pack, and bag food for SHARE's monthly food distribution. SHARE (Self Help And Resource Exchange) Food Network helps families and individuals save money on groceries while helping the community through volunteer service. People are empowered through SHARE to stretch their family's food budget, access information on health and nutrition, and develop partnerships to prevent hunger in communities.
Min Age: 14 (younger w/adult) Max # of Volunteers: 15
Location: Hyattsville
Website: www.sharedc.org

W/E Volunteer Team Captain:

Email:

Phone Number:

Gena Barbieri
barbieri@djj.state.md.us
work: 301-279-1580, ext. 345

17. Help Those with HIV/AIDS at Food & Friends!

Tuesday, April 26 6:00PM - 8:00PM
Work with chefs to prepare, cook or package food for people living with AIDS and other life-threatening illnesses. This includes basic culinary tasks and no food preparation experience is needed. Food & Friends prepares, packages and delivers meals and groceries to more than 1,100 people living with HIV/AIDS and other life-challenging illnesses such as breast, lung and colon cancer throughout Washington, DC and 14 counties of Maryland and Virginia.
Min Age: 14 Max # of Volunteers: 5
Location: NE Washington, DC
Website: www.foodandfriends.org

W/E Volunteer Team Captain:

Email:

Phone:

Nadji Kirby
nadji.kirby@montgomerycountymd.gov
240-777-2614

SPECIAL EVENTS

18. Be a Gardener at Our House Organic Farm

Saturday, April 16 1:30PM - 4:30PM
Join in mulching, weeding, planting, hoeing, digging, fence repair, and putting up fencing for peas and beans. Our House is a residential, educational job training facility for at-risk adolescent boys that teaches the construction trades during the day, and has academic classes at night.
Min Age: 18 Max # of Volunteers: 16
Location: Brookeville
Web site: www.our-house.org
W/E Team Captain:
Email:

Erin Waterman-Knowles
ewaterman2002@yahoo.com

19. Earth Day Celebration!

Saturday, April 23 10:00AM - 1:00PM
Get the word out about recycling at the Montgomery County Earth Day Celebration. with a hands on day of learning about recycling. People will learn the importance of recycling through arts, crafts, and building demos. Volunteers will help distribute literature, answer questions, assist with activities with children. The Montgomery County Recycling Volunteer Program educates citizens about recycling, waste reduction, and buying recycled.
Min. Age: 16 (younger with adult) Max # of Volunteers: 10
Location: Rockville
Website: www.montgomerycountymd.gov/solidwaste
W/E Team Captain:
Email:
Phone Number:

Christy Cyphers
cypherschristy@hotmail.com
240-418-4113

*Special thanks to Calvert Group for printing and mailing the
W/E Volunteer Calendar!*

SPECIAL EVENTS

20. Muddy Branch Natural Surface Trail

Saturday, April 23 9:00AM – 2:00PM
Maryland National Capital Park and Planning Commission will be starting the construction of Section 1 of the Muddy Branch Trail. When completed, the Muddy Branch Trail will stretch from Darnestown Road to the Potomac River. This trail will provide recreational opportunities for residents of Potomac, Rockville, and Gaithersburg as well as visitors from our other parks. Please plan to join in on this construction effort.

Min. Age: 14 Max # of Volunteers: 15
Location: Rt. 28 (Darnestown Road) and the Potomac River
Website: www.mncppc-mc.org

W/E Volunteer Team Captain:

Willa Fleming

Email: fleming_willa@bah.com

Phone Number: work: 240-314-5544

21. Join the fun at the Sakura Matsuri Japanese Street Festival!

Saturday, April 9 11:00am-2:30pm
The Japanese Street Festival will immediately follow the National Cherry Blossom Parade. Volunteers are needed to help set up a booth display where there will be games, face painting, and passing out information about Goodwill. There will be fantastic food, vendors selling Japanese merchandise, music, crafts for kids and more. Goodwill of Greater Washington will enable people with disabilities and other barriers to employment to enhance their vocational potential and economic independence through quality employment, training and educational and social programs.

Min. Age: 14 Max # of Volunteers: 10
Location: Washington, DC (NW)
Website: www.DCGoodwill.org

W/E Team Captain:

Christy Cyphers

Email: cypherschristy@hotmail.com

Phone Number: 240-418-4113

Additional Opportunities

Help with the Communications Program at PCR!

Help young adults with developmental disabilities in a communication program. The program runs 10 weeks long. Potomac Community Resources (PCR) provides programs and support to teens and adults with developmental disabilities and their caregivers. **April 6, 13, 20, 27**

Website: www.potomaccommunityresources.org
Contact Seth Duncan 301-365-0561

Riderwood Fishing Tournament to Benefit Meals on Wheels

Volunteers are needed on **April 16** to be parking attendants, greeters, cooks at the grill, handing out fishing rods, being friendly companions to some of the residents from Renaissance Gardens (Assisted Living and Nursing Care), serving food, collecting raffle tickets and helping hook and re-hook fish! There will be free food and lots of fun for volunteers! Contact Theresa Berkoski at 301-572-8390 or tberkoski@ericksonmail.com

National Multiple Sclerosis Walk!

The 17th Annual Walk (**April 9 and 10**) is quickly approaching and they're not just looking for walkers! They need nearly 500 volunteers on April 9 and 10th to make this important fundraiser a success. Volunteers can host rest stops, drive support vehicles, run check-in, and much more. There are five convenient walk sites to choose from in Reston, Manassas, DC, Potomac, and Oxon Hill.

Website: <http://www.msandyou.org>
Contact: 202-296-5363

Potomac River Watershed Clean-Up Day

This tri-state event involves thousands of helping hands united to remove trash and debris from the Potomac River and its' tributaries. The park provides guidance to groups wishing to organize a site and will provide trash bags and cotton work gloves to all participants. Groups can register to clean their own site or small groups, families, and individuals can join a site.

Contact Lynn Vismara at 301-495-2504

Transform Lives as you Transform Homes with Rebuilding Together

During April, volunteers in Montgomery County will team to transform more than 50 homes of low-income homeowners, providing the repairs necessary to allow the elderly, disabled and families with children to live in warmth and safety. Roll up your sleeves and do some yard work, painting, fix leaks, install windows, and repair decks. All work is supervised by a skilled volunteer House Captain.

Website: <http://www.rebuildingtogethermc.org>
Contact Susan Hawfield at 301-933-2700 or shawfield@rebuildingtogethermc.org

Make the Arts Accessible to all at BAPA's Imagination Stage

Usher, take tickets, hand out programs, and seat patrons prior to the show and assist with gift carts and cafe sales during intermission and after the show, "*Petite Rouge*." BAPA's Imagination Stage makes the arts inclusive and totally accessible to all children whatever their physical, cognitive or financial abilities.

Website: www.imaginationstage.org
Contact Erin Watkins 301-280-1697

2005 Health Freedom Walk: A Path to Wellness - April 23

The Peoples Community Baptist Church and their African American Health Program have organized this innovative project to promote increased physical activity and make creative use of Montgomery County's integral role in the underground railroad. Volunteers are needed in the following areas: Greeters/Point of Info, Registrations, Set-Up, Break down/Clean Up, Route Support, Refreshment Table, Shirt distribution, Runners (must have a car), Meeting House.

Contact Brenda Lockley at 240-777-4473 or brenda.lockley@montgomerycountymd.gov

